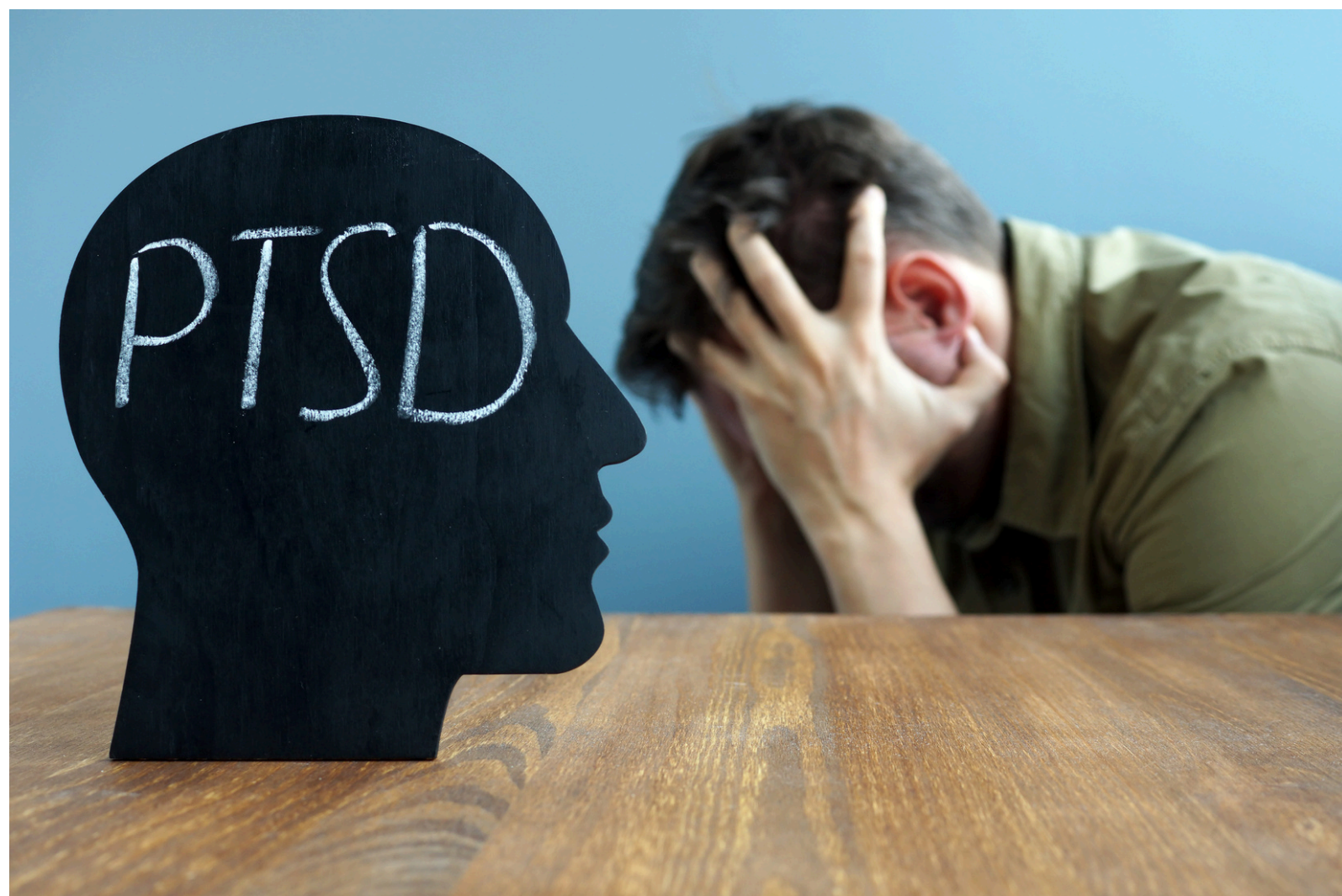


PTSD and CPTSD in Indigenous Communities: Impacts, Connections, and Healing Pathways

April 8, 2025

1:30-3:00pm MDT

This session will explore PTSD and CPTSD, with a focus on how these conditions affect Indigenous peoples in Alberta. Building on previous trauma-informed care sessions, it will address the specific impacts of historical trauma, colonization, and cultural disruption in First Nations and Métis communities. The session will also highlight the role of traditional healing practices and culturally competent care in addressing PTSD and CPTSD.



Learning Outcomes:

- **Defining PTSD & CPTSD:** Overview of symptoms and differences, with a focus on how these manifest in Indigenous contexts
- **Historical & Cultural Impacts:** The role of colonization, residential schools, and cultural loss in shaping trauma responses
- **Healing Pathways:** The integration of traditional Indigenous practices with modern trauma-informed care
- **Practical Strategies:** How mental health professionals and community leaders can support individuals with PTSD and CPTSD in a culturally safe and respectful way

Speakers:

Leigh Sheldon, Cree name (pihphichow) is a Registered Psychologist (R.4858) from Swan River First Nation. She is the founder of Indigenous Psychological Services (IPS), with offices in Edmonton, Calgary, and Enoch Cree Nation, and now opening up across Canada. With over 20 years of experience, Ms. Sheldon specializes in complex trauma with certifications in several therapeutic modalities, including Somatic Attachment Practitioner, Somatic Experiencing Practitioner, EMDR, Polyvagal Theory, and Indigenous Focused Oriented Therapy. Her approach integrates Indigenous trauma-informed techniques, particularly those rooted in the Two Eye Trauma Wheel, within a clinical setting. She blends cultural practices with evidence-based therapies, creating a holistic healing model that respects Indigenous knowledge systems. Mrs. Sheldon's work also delves into the impacts of colonization, historical trauma, systemic racism, and oppression. She practices Two-Eyed Seeing, acknowledging the importance of both Indigenous and Western healing approaches and the role of land-based healing in modern therapy. Mrs. Sheldon's unique expertise allows her to bridge traditional Indigenous healing practices with contemporary psychological therapies, creating a culturally respectful and effective therapeutic environment for Indigenous clients.



Target Audience: Mental health professionals, educators, healthcare providers, and community leaders working with Indigenous populations

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